



# Challenges of the Trans Community



## Lifetime Sexual Assault

47%

Close to half of those who identify as trans have been sexually assaulted.(1)



## Mental Health

65%

Over half of trans youth have considered suicide in the past year. (2)



## Police Violence

22%

Nearly a quarter of trans people reported harassment in interactions with police. (3)

78%

Transgender Mental Health Disorders vs. Cisgender\* Mental Health Disorders (4)

45%

29%

Transgender Poverty Rates vs Cisgender Poverty Rates (5)

16%

**\* Cisgender is defined as personally identifying with the gender assigned at birth.**

As we can see from these statistics, trans men and women face many challenges in a society that may not view them as welcome. There are a few simple things we can do in everyday life that would help trans people feel validated in everyday life. Simply using a chosen name and gender pronouns can have a major impact on daily life and shows that we respect that person as an individual.

Unfortunately, there are more systematic issues that members of the trans community face that will be more difficult to change. Discrimination is by far the largest and hardest problem to fix and has a domino effect that leads to many of the other issues. This ranges from economic factors, such as housing and employment, to social factors, like loss of friends, family and community. Societal changes must start small with the individual. Hire trans men and women, show them equal treatment, don't be afraid to be friends with those in the trans community. They are people, just like everyone else.

If you know someone who identifies as trans, make sure they know they are loved and supported. Doing simple things can make the life outcomes for those in this community better overall and less challenging.

**Trans Support and Hotline : [translifeline.org](https://translifeline.org) - 1-877-565-8860**

## Purpose

The goal of this project is to provide knowledge, education and insight into some of the personal challenges faced by a community which is widely ostracized. The hope is to spread understanding and empathy to those who may not know or have not dealt with people in the trans community.

## Sources

Veale, Jaime F., et al. "Mental Health Disparities Among Canadian Transgender Youth." *Journal of Adolescent Health* , Jan. 2017.

Grant, Jaime M., Lisa A. Mottet, Justin Tanis, Jack Harrison, Jody L. Herman, and Mara Keisling. *Injustice at Every Turn: A Report of the National Transgender Discrimination Survey*. Washington: National Center for Transgender Equality and National Gay and Lesbian Task Force, 2011.

Lipson, Sarah Ketchen, et al. "Gender Minority Mental Health in the U.S.: Results of a National Survey on College Campuses." *American Journal of Preventive Medicine*, vol. 57, no. 3, 2019, doi:10.1016/j.amepre.2019.04.025.

Badgett, M. V. L., Choi, S. K., & Wilson, B. D. M., (2019, October). *LGBT poverty in the United States: A study of differences between sexual orientation and gender identity groups*. Los Angeles, CA: The Williams Institute.



This work is licensed under a [Creative Commons Attribution-NonCommercial 4.0 International License](https://creativecommons.org/licenses/by-nc/4.0/).